DOCUMENT RESUME

ED 418 808 PS 026 495

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TITLE	A Mentor Manual: For Adults Who Work with Pregnant and Parenting Teens.
INSTITUTION	Child Welfare League of America, Inc., Washington, DC.
ISBN	ISBN-0-87868-580-4
PUB DATE	1995-00-00
NOTE	144p.
AVAILABLE FROM	CWLA, c/o PMDS, 9050 Junction Drive, P.O. Box 2019, Annapolis Junction, MD 20701-2019; phone: 800-407-6273, 301-617-7825; fax: 301-206-9789; e-mail: cwla.pmds.com ($18.95).
PUB TYPE	Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	*Acquired Immune Deficiency Syndrome; *Adolescents; Adults; *Change Strategies; Child Rearing; Developmental Stages; *Early Parenthood; Infant Care; Interpersonal Communication; *Pregnancy; *Problem Solving
IDENTIFIERS	*Protege Mentor Relationship

ABSTRACT

Intended for adults working with expectant and new teen mothers, this guide provides techniques and strategies for helping the teen mother develop skills needed to achieve parenting and life goals. The first half of the guide explores the relationship between the adult mentor and teen parent, and steps toward problem solving and positive change. Sections in this first half of the guide deal with: (1) pregnancy; (2) the mentor-partner relationship; (3) the difficulty of communication; (4) rules; (5) feelings; (6) role-playing; (7) negotiating skills; (8) moving toward positive change; (9) beginning to tackle a problem; (10) self-management; (11) step-by-step guide to working on a problem; and (12) avoiding burn-out. The second half of the guide contains fact sheets for the teen parent, categorized in three sections: (1) "What Every Pregnant Woman Should Know," including nutrition, exercise, and health risks; (2) "After the Baby Is Born," including breast- and bottle-feeding, the baby's development, and toilet training; and (3) HIV and AIDS: Essential Information," including facts and fictions about HIV/AIDS, and pregnant women and AIDS. The guide suggests integrating the information from these sheets with the strategies and techniques outlined in the 12 preceding chapters. (HTH)

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